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ABSTRACT

This study, using the Neulinger and Breit (1971) leisure attitude questionnaire, surveyed 129 community-based persons having a mean age of 71. Ninety-three of these persons were employed by and assumed responsibilities in the Foster Grandparent program at the local state school for the mentally retarded, while the other 36 respondents were members of a local chapter of the American Association of Retired Persons. The original Neulinger and Breit questionnaire was modified for administration to the elderly, in accordance with difficulties evidenced in a pilot study of this instrument's application with the elderly. The data were factor analyzed using a principle component method and a varimax rotation to five factors being in good agreement with the findings of Neulinger and Breit (1969, 1971) and were so named; Amount of Work or Vocation Desired; Amount of Perceived Leisure; Self-Definition through Leisure or Work; Affinity for Leisure; and Society's Role in Leisure Planning. In comparing both groups' responses to the items which comprise these five leisure attitude dimensions, the latter group evidenced a stronger self-definition oriented toward work rather than leisure. It is recommended that the usage of the schedule be restricted to research. (Author)

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AN ELDERLY LEISURE ATTITUDE SCHEDULE

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The leisure of persons within post-industrial, technological societies has been seen as a major social problem due to a shorter work week and earlier retirement. The change of leisure from goal to problem has been paralleled by a change in the meaning of leisure. Leisure once meant a way of life and a state of being. Today leisure is generally defined in opposition to work and as residual time. A resolution of a United Nations conference held in Geneva in 1970 has declared leisure to be the right of all peoples. However for the elderly retiree the role of "being at leisure" has been seen as an added dimension to the already burdensome "roleless role" of being elderly.

Studies of leisure and the elderly may be classified according to Meyersohn's (1969) description into research measuring leisure activities (Hoar, 1961), expenditures of time and money (Pfeiffer and Davis, 1971), and the meaning of leisure (Donald and Havighurst, 1959). Studies of leisure and the elderly have not been conducted in the area of leisure attitudes which Neulinger (1974, p. 52) defines as a "particular way of thinking about, feeling about, and acting toward or in regard to leisure." Drawing upon the pioneering work of Neulinger (Neulinger and Breit, 1969, 1971; Neulinger and Raps, 1972) in the psychology of leisure, this research into the dimension of leisure as attitude should complement the currently existing research in the area of leisure and aging.

Purpose

The purpose of this study was to ascertain the leisure attitudes of a sample of community-based elderly in an attempt to determine items suitable for inclusion in an elderly leisure attitude schedule.

Procedure

A modified version (Appendix A) of the leisure attitude questionnaire of Neulinger and Breit (1971) was administered to a sample of 129 community based elderly ages 58-84 with a mean age of 71. The original Neulinger and Breit questionnaire (Appendix B) was modified because the results of a pilot study determined the major criticisms of the questionnaire for administration to the elderly to be length, clarity of directions, complexity of nine paragraph ranking (p.7) describing free time activities and phrased in terms of Murray's press variables (Murray, 1938), and semantic differentials on leisure (p.8) and work (p.9) based on Osgood et al., 1957. A factor analysis of the 26 items was carried out using a principle component method and a Varimax rotation to five factors. Only those items were used to define factors that had loadings of at least .30 and .10 larger on the respective factor than on any other factor. One item (1) was thus excluded as a factor definer because it had a loading of less than .30 and one item (3) because it was tied on two factors by a difference of less than .10.

Results

The following are descriptions of the five factors contained in Appendix C.

Factor 1-- Amount of Work or Vacation Desired

This factor relates to a person's work and leisure ethics in a very concrete way, i.e. How much of a person's time should be spent at work and how much on vacation.

Factor 2-- Amount of Perceived Leisure

This factor is concerned with a person's perceived leisure and his satisfaction with the amount of leisure he has. It shows the person who always has more things to do than he has time for.

Factor 3-- Self-Definition Through Leisure or Work

This factor is involved with the degree to which leisure and work are the means by which a person expresses himself and finds satisfaction. It is thus concerned with the relative importance of work and leisure as personal definers.

Factor 4-- Affinity For Leisure

This factor addresses itself to a person's desire for leisure as expressed for his children and himself, and his perceived capacity for leisure as well as guilt about having leisure.

Factor 5-- Society's Role in Leisure Planning

This factor relates to a wide range of leisure activities and the societal position toward supporting and regulating men's leisure.

Discussion

A factor analysis of the twenty-six items to five factors yielded factors which were in very good agreement with the findings of Neulinger and Breit (1969, 1971) and so the factor names that they used were retained. This basic agreement should be expected since, of the 129 community based older persons studied, 93 were active members of the Foster Grandparent program at the local state school for the mentally retarded. They were currently employed and assuming major responsibility for the care of institutionalized mentally retarded persons. When asked about their leisure in relation to their work, the Foster Grandparents had little difficulty responding. On the other hand, 36 respondents were members of a local chapter of the American Association of Retired Persons and they did have difficulty responding because they were not currently employed. Work for these

retired persons was engagement in subsistence activities such as shopping and housekeeping. Such self-definitions of work are indicative of the need for further research into retired older persons' perceptions of work, particularly when leisure and work are studied as related concepts.

The position of this group of older persons on these five factored leisure attitude dimensions may be gained from an inspection of the mean values of the individual items, since the grouped items forming these basic dimensions lack meaning other than that contained in the items which make up each factor. This group's dominant orientation is toward work, with less desire for a shorter work week and more vacation. There is moderate agreement on the need for more leisure with the recognition that there always seems to be more things to do than there is time for, and, even if there is free time, it may not really be leisure. Self-definition is oriented toward work rather than leisure with this group of older persons' feeling that their talents are better expressed on the job rather than in leisure activities. They do not like a life of leisure and would not want it for themselves or for their children. Society is seen as having a role to play in leisure planning with the strongest encouragement being in the area of mental endeavors and productive efforts like hobbies.

It thus appears that this attitude schedule can identify relatively stable and independent attitude dimensions in the leisure domain. However, it is recommended that usage of this schedule be restricted to research using better educated older subjects. If the schedule is to be used for clinical purposes it is recommended that item wording be generally changed in order to reflect

the lower educational level of most older persons.

Summary

Research concerning leisure and aging has focused on studies of leisure activities, expenditures of time and money, and the meaning of leisure but not on leisure attitudes. This study, using the Neulinger and Breit (1971) leisure attitude questionnaire, studied 129 community based older persons having a mean age of 71. The data were factor analyzed using a principle component method and a Varimax rotation to five factors with the resulting five factors being in very good agreement with the findings of Neulinger and Breit (1969, 1971) and were so named: Amount of Work or Vacation Desired; Amount of Perceived Leisure; Self-Definition Through Leisure or Work; Affinity for Leisure; and Society's Role in Leisure Planning. It is recommended that usage of the schedule be restricted to research.

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APPENDIX A

Below are listed a number of free time activities. Using the scale values given, indicate what in your opinion society's position regarding these activities should be.

This activity should be:

SCALE VALUES

very strongly encouraged	7
strongly encouraged	6
encouraged	5
neither encouraged nor discouraged	4
discouraged	3
strongly discouraged	2
very strongly discouraged	1

FREE TIME ACTIVITIES:

YOUR POSITION

1. activities emphasizing mental endeavors such as studying, taking adult education courses, etc... (1)
2. activities involving active participation in social affairs, such as volunteer work, club activities, etc... (2)
3. activities that consist basically of doing nothing, such as writing, painting, or playing an instrument... (3)
4. activities involving productive efforts, such as certain hobbies like woodworking, leather tooling, sewing, etc... (4)
5. activities involving physical exercise, such as sports and calisthenics, hunting and fishing, or just walking... (5)

Given the most ideal conditions of any society you can think of, how many weeks of vacation should a person get who has been employed by a company for 10 years? (6)
Number of Weeks _____

How many weeks of vacation per year would you like to have? (7)
Number of Weeks _____

How many days per week would you want to spend working for a living? (8)
Number of Days _____

Given the present state of our society, what should be the workweek, that is, how many days per week should be spent working for a living? (9)
Number of Days _____

Below are listed a number of statements. Indicate your own position on each of these by using the number of the label which comes closest to your opinion.

L A B E L S

- 7 I agree very strongly
- 6 I agree strongly
- 5 I agree moderately
- 4 I am undecided, uncertain or don't know
- 3 I disagree moderately
- 2 I disagree strongly
- 1 I disagree very strongly

Assign numbers
here:

1. My personal ambitions can be more fully realized on the job than in my free time... _____ (10)
2. Very little of my free time is actually leisure... _____ (11)
3. I would prefer to be famous for something I had done on my job (like an invention) rather than for something I had done in my free time (like crossing the ocean in a rowboat)... _____ (12)
4. I always seem to have more things to do than I have time for... _____ (13)
5. It is more important for me to be good at my free time activities than at my work activities... _____ (14)
6. I have enough leisure... _____ (15)
7. My leisure activities are more satisfying to me than my work... _____ (16)
8. I would like to have more free time than I have now... _____ (17)
9. My leisure activities express my talents and capabilities better than does my job... _____ (18)

In our society nearly everybody works. Now, assume that you were given the chance to live a life of complete leisure, never again having to work for a living. Indicate on the scales below how you think you might feel about certain aspects of such a life.

1. How much would you like to lead such a "life of leisure"? _____ (19)
 _____ not at all _____ probably dislike it _____ uncertain _____ would like it
 _____ like it very much _____ extremely so _____ would be the fulfillment of
 my greatest dreams
2. How long could you "stand" such a life? _____ (20)
 _____ for a month or less _____ half a year _____ one year _____ two years
 _____ five years _____ ten years _____ forever
3. Would you feel "guilty" about living such a life of leisure? _____ (21)
 _____ not at all _____ probably not _____ uncertain _____ somewhat
 _____ quite a bit _____ very much _____ extremely so

4. If you had (or have) children, would you like them to live such a life of leisure? (22)

_____ certainly not _____ probably not _____ uncertain _____ somewhat
 _____ quite a bit _____ very much _____ extremely so

5. How much of your free time activities could be called "killing time"? (23)

(PERCENT)
 _____ None _____ 10 _____ 20 _____ 30 _____ 40 _____ 50 _____ 60
 _____ 70 _____ 80 _____ 90 _____ All

If you were to divide your time into two parts: one work time and the other free time--how much time would you want for each?

Let the bar below represent your time. Draw a line dividing the bar according to the way you would divide your time between work time and free time. Label the work part "W" and the free time part "F."

(24)

Check the statement below which best describes you:

(25)

- _____ my leisure time is always filled with thousands of things I want to do
- _____ I usually have no trouble finding things to do during my leisure time
- _____ I sometimes do not know what to do in my leisure time
- _____ I usually do not know what to do in my leisure time
- _____ I sometimes feel quite bored during my leisure time
- _____ I usually feel quite bored during my leisure time
- _____ I always feel quite bored during my leisure time

If you were to describe yourself to someone in terms of what is most important to you about yourself, how much would you talk about your work and how much would you talk about your free-time activities? Indicate your position by checking below:

- _____ talk only about work _____ talk mostly about work _____ talk a little more about work than free time
- _____ talk equally about work and free time _____ talk a little more about free time than work
- _____ talk mostly about free time _____ talk only about free time

APPENDIX B

- (1) Below are listed a number of free time activities. Using the scale values given, indicate what in your opinion society's position regarding these activities should be.

<u>This activity should be:</u>	<u>SCALE VALUES</u>
very strongly encouraged	7
strongly encouraged	6
encouraged	5
neither encouraged nor discouraged	4
discouraged	3
strongly discouraged	2
very strongly discouraged	1

FREE TIME ACTIVITIES:Your
Position

- | | | |
|--|-------|-----|
| a- activities emphasizing mental endeavors such as studying, taking adult education courses, etc. | _____ | (1) |
| b- activities involving the taking of habit forming drugs. | _____ | (2) |
| c- activities that consist basically of doing nothing, being idle, "hanging around," etc. | _____ | (3) |
| d- activities involving active participation in social affairs, such as volunteer work, club activities, etc. | _____ | (4) |
| e- activities involving creative and/or artistic efforts, such as writing, painting, or playing an instrument. | _____ | (5) |
| f- activities involving the consumption of alcohol. | _____ | (6) |
| g- activities involving productive efforts, such as certain hobbies like woodworking, leather tooling, sewing, etc. | _____ | (7) |
| h- activities involving physical exercise, such as sports and calisthenics, hunting and fishing, or just walking. | _____ | (8) |

~~~~~

- |                                                                                                                                                                      |                       |         |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|---------|
| (2) Given the most ideal conditions of any society you can think of, how many weeks of vacation should a person get who has been employed by a company for 10 years? | Number of weeks _____ | (9,10)  |
| (3) How many weeks of vacation per year would you like to have?                                                                                                      | Number of weeks _____ | (11,12) |
| (4) How many days per week would you want to spend working for a living?                                                                                             | Number of days _____  | (13)    |

- (5) Given the present state of our society, what should be the work week, that is, how many days per week should be spent working for a living? Number of days \_\_\_\_\_ (14)
- (6) Given a five-day work week, how many hours per day would you want to work for a living? Number of hours \_\_\_\_\_ (15,16)

- (7) Below are listed a number of statements. Indicate your own position on each of these by using the number of the label which comes closest to your opinion.

## L A B E L S

- 7 ..... I agree very strongly
- 6 ..... I agree strongly
- 5 ..... I agree moderately
- 4 ..... I am undecided, uncertain or don't know
- 3 ..... I disagree moderately
- 2 ..... I disagree strongly
- 1 ..... I disagree very strongly

Assign  
numbers  
here:

- a- My personal ambitions can be more fully realized on the job than in my free time. .... (17)
- b- Very little of my free time is actually leisure. .... (18)
- c- I would prefer to be famous for something I had done on my job (like an invention) rather than for something I had done in my free time (like crossing the ocean in a rowboat). .... (19)
- d- I always seem to have more things to do than I have time for. .... (20)
- e- It is more important for me to be good at my free time activities than at my work activities. .... (21)
- f- I have enough leisure. .... (22)
- g- My leisure activities are more satisfying to me than my work. .... (23)
- h- I would like to have more free time than I have now. .... (24)
- i- My leisure activities express my talents and capabilities better than does my job. .... (25)



- (8) In our society nearly everybody works. Now, assume that you were given the chance to live a life of complete leisure, never again having to work for a living. Indicate on the scales below how you think you might feel about certain aspects of such a life.

a- How much would you like to lead such a "life of leisure"? (26,27)

'.....'.....'.....'.....'.....'.....'  
Not at probably uncertain would like it extremely would be  
all dislike it like it very much so the fulfill-  
ment of my  
greatest dreams

b- How long could you "stand" such a life?

For a month or less      half a year      one year      two years      five years      ten years      for ever

c- Would you feel "guilty" about living such a life of leisure? (30,31)

.....

Not at all      probably      uncertain      somewhat      quite a bit      a      very      extremely  
all      not                bit      much      so

d- If you had (or have) children, would you like them to live such a life of leisure?

Certainly probably uncertain somewhat quite a very extremely  
not not bit much so

(9) How much of your free time activities could be called "killing time"?

Indicate your estimate on the scale below: (34,35)

None 10 20 30 40 50 60 70 80 90 All

P E R C E N T

(10) Place a check next to the statement below that best describes the society in which you would want your children to live in.

- \_\_\_\_\_ a society where everyone has a life of leisure
- \_\_\_\_\_ a society where the emphasis is on leisure
- \_\_\_\_\_ a society where the life of work and leisure are balanced
- \_\_\_\_\_ a society where the emphasis is on work
- \_\_\_\_\_ a society where everyone has a life of work

- (11) If you were to divide your time into two parts: one work time and the other free time -- how much time would you want for each?

Let the bar below represent your time. Draw a line dividing the bar according to the way you would divide your time between work time and free time. Label the work part "W" and the free time part "F".

(38,39)

- (12) Below are seven statements which describe different positions society could take regarding a person's free time. First, read all statements and then indicate by a check mark the one statement with which you agree most.

(40)

- ☐ society should prohibit certain free time activities and prescribe certain others
- ☐ society should prohibit certain free time activities
- ☐ society should encourage certain free time activities and discourage certain others
- ☐ society should discourage certain free time activities
- ☐ society should encourage certain free time activities
- ☐ society should make available information about free time activities but not actively encourage or discourage what a person does in his free time
- ☐ what a person does in his free time is none of society's concern

- (13) Check the statement below which best describes you:

(41)

- ☐ my leisure time is always filled with thousands of things I want to do
- ☐ I usually have no trouble finding things to do during my leisure time
- ☐ I sometimes do not know what to do in my leisure time
- ☐ I usually do not know what to do in my leisure time
- ☐ I sometimes feel quite bored during my leisure time
- ☐ I usually feel quite bored during my leisure time
- ☐ I always feel quite bored during my leisure time

- (14) Below are nine paragraphs each describing a particular kind of free time activity.

First, read all nine paragraphs.

Then, rank them in order of your preference, from 1 to 9. Start by placing a 1 next to the activity you like most; then place a 9 next to the one you like least. Continue in this manner until you have ranked all paragraphs, that is, assign a 2 to the activity you like second best, and an 8 to the activity you like second least, and so on.

DO NOT USE THE SAME NUMBER FOR MORE THAN ONE PARAGRAPH!

### FREE TIME ACTIVITIES

- a- This activity gives you a chance to organize and arrange things. It demands precision and neatness. It requires a sense of planning, order and forethought. \_\_\_\_\_ (42)
- b- This activity allows you to do as you please regardless of rules or conventions. It provides for adventure, change and independence, involving a minimum of rules. \_\_\_\_\_ (43)
- c- This activity provides for the enjoyment of aesthetic feelings and of sensuous impressions. It may involve the enjoyment of one or more of the arts, and indulging in sensory pleasures and feelings. \_\_\_\_\_ (44)
- d- This activity involves reflection, thinking, analyzing and asking questions. It involves seeking scientific and philosophic truth and an understanding of life. \_\_\_\_\_ (45)
- e- This activity enables you to tackle a difficult task and to achieve high standards. It offers recognition for your accomplishments. It involves determination and the will to succeed. \_\_\_\_\_ (46)
- f- This activity involves forming and furthering sexual relationships. It involves the enjoyment of feelings of love. It provides the opportunity for attracting others and flirting. \_\_\_\_\_ (47)
- g- This activity gives you a chance to be with others and meet new people. It provides the opportunity for cooperation with others and engaging with them in common activities. \_\_\_\_\_ (48)
- h- This activity gives you an opportunity to help others who are in need and to protect and support them. It may involve being with children or taking care of animals. \_\_\_\_\_ (49)
- i- This activity gives you a chance to be "on the go." It relieves the feeling of listlessness and provides for action. It keeps your mind off things because it requires your full attention. \_\_\_\_\_ (50)

- (15) Below are sixteen 7-point scales each referring to a word pair. Use these scales to describe what leisure means to you.

The scale points indicate the following:

- 1 = extremely
- 2 = quite
- 3 = slightly
- 4 = neutral or unrelated
- 5 = slightly
- 6 = quite
- 7 = extremely

Put a check mark at that point on the scale which best describes what leisure means to you.

For example, if the word pair is

beautiful    1    2    3    4    5    6    7    ugly

and you feel that leisure is quite beautiful, you would check 2 on the scale; on the other hand, if you feel that leisure is extremely ugly, you would have checked 7 on the scale.

#### WORD PAIRS

LEISURE is:

|            |   |   |   |   |   |   |   |              |      |
|------------|---|---|---|---|---|---|---|--------------|------|
| boring     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | interesting  | (51) |
| solitary   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | sociable     | (52) |
| honest     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | dishonest    | (53) |
| empty      | 1 | 2 | 3 | 4 | 5 | 6 | 7 | full         | (54) |
| desirable  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | undesirable  | (55) |
| necessary  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | unnecessary  | (56) |
| powerful   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | powerless    | (57) |
| mature     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | developing   | (58) |
| valuable   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | worthless    | (59) |
| meaningful | 1 | 2 | 3 | 4 | 5 | 6 | 7 | meaningless  | (60) |
| passive    | 1 | 2 | 3 | 4 | 5 | 6 | 7 | active       | (61) |
| satisfying | 1 | 2 | 3 | 4 | 5 | 6 | 7 | unsatisfying | (62) |
| thin       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | thick        | (63) |
| good       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | bad          | (64) |
| refreshing | 1 | 2 | 3 | 4 | 5 | 6 | 7 | tiring       | (65) |
| pleasant   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | unpleasant   | (66) |

(16) Now, repeat what you did on the previous page, but this time use the scales to describe what work means to you.

The scale points, as before, indicate the following:

- 1 = extremely  
 2 = quite  
 3 = slightly  
 4 = neutral or unrelated  
 5 = slightly  
 6 = quite  
 7 = extremely

**WORK is:**

|            |   |   |   |   |   |   |   |              |      |
|------------|---|---|---|---|---|---|---|--------------|------|
| boring     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | interesting  | (1)  |
| solitary   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | sociable     | (2)  |
| honest     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | dishonest    | (3)  |
| empty      | 1 | 2 | 3 | 4 | 5 | 6 | 7 | full         | (4)  |
| desirable  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | undesirable  | (5)  |
| necessary  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | unnecessary  | (6)  |
| powerful   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | powerless    | (7)  |
| mature     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | developing   | (8)  |
| valuable   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | worthless    | (9)  |
| meaningful | 1 | 2 | 3 | 4 | 5 | 6 | 7 | meaningless  | (10) |
| passive    | 1 | 2 | 3 | 4 | 5 | 6 | 7 | active       | (11) |
| satisfying | 1 | 2 | 3 | 4 | 5 | 6 | 7 | unsatisfying | (12) |
| thin       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | thick        | (13) |
| good       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | bad          | (14) |
| refreshing | 1 | 2 | 3 | 4 | 5 | 6 | 7 | tiring       | (15) |
| pleasant   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | unpleasant   | (16) |

(17) If you were to describe yourself to someone in terms of (17,18) what is most important to you about yourself, how much would you talk about your work and how much would you talk about your free time activities?

Indicate your position by a check mark on the scale below:

.....

|                               |                                 |                                                          |                                                   |                                                                  |                                         |
|-------------------------------|---------------------------------|----------------------------------------------------------|---------------------------------------------------|------------------------------------------------------------------|-----------------------------------------|
| talk<br>only<br>about<br>work | talk<br>mostly<br>about<br>work | talk a<br>little<br>more about<br>work than<br>free time | talk<br>equally<br>about work<br>and free<br>time | talk a<br>little<br>more about<br>free time<br>than work<br>time | talk<br>mostly<br>about<br>free<br>time |
|-------------------------------|---------------------------------|----------------------------------------------------------|---------------------------------------------------|------------------------------------------------------------------|-----------------------------------------|



Below are sets of statements relating to beliefs and attitudes about sex. For each set of statements indicate the one with which you agree more by placing a check mark in front of that statement.

- (18) ☐ I feel that the main reason for having sexual relations should be to have children.  
☐ I feel that having sexual relations for pleasure only is fine.  
☐ I prefer not to answer this question. (19)

- (19) ☐ I feel that a person should engage in sexual relations only after he or she is married.  
☐ I approve of pre-marital sex.  
☐ I prefer not to answer this question. (20)

- (20) ☐ I feel that children should not be aware of the fact that their parents engage in sexual relations until the parents feel it is necessary to introduce the subject.  
☐ I feel that it is all right for children of any age to be aware of the fact that their parents engage in sexual relations.  
☐ I prefer not to answer this question. (21)

- (21) ☐ I feel that society should permit only heterosexual (male-female) relationships.  
☐ I feel that society should be permissive of all types of sexual relationships.  
☐ I prefer not to answer this question. (22)

- (22) ☐ I feel that the institution of marriage, as we know it today, should be here to stay.  
☐ I feel that the institution of marriage, as we know it today, should be abolished.  
☐ I prefer not to answer this question. (23)

(23) Do you make a distinction between free time and leisure?

☐ Yes;

☒ No. (24)

(24) If "Yes," indicate on the scale below how much of your free time you consider leisure.

(25,26)

None 10% 20% 30% 40% 50% 60% 70% 80% 90% All

## BACKGROUND INFORMATION

Sex: male (1)  
(27) female (2)

Age: (28,29)

Religious preference: (30)

Protestant (1)  
Catholic (2)  
Jewish (3)  
Other (4)  
None (5)

What is your occupation or profession: (31,32)

Race: (33)

White (1)  
Black (2)  
Oriental (3)  
Other (4)

Marital status: (34)

single, never married (1)  
married (2)  
separated, divorced (3)  
widowed (4)

What was the last grade you completed in school? (35)

to 6 years (1) 12 years (high school graduate) (4)  
7-9 years (2) 13-15 years (some college) (5)  
10-11 years (3) 16 years (college graduate) (6)  
17 years or more (graduate work) (7)

Adding up the income from all sources, what was your total family income last year? (Under family include only those people you actually lived with) (36)

under \$5,000 (1) \$11,001-13,000 (5)  
\$5,001-7,000 (2) \$13,001-15,000 (6)  
\$7,001-9,000 (3) \$15,001-20,000 (7)  
\$9,001-11,000 (4) \$20,001 or over (8)

What is your present work status? (37)

work full-time (1) laid off, or on strike (5)  
work part-time (2) retired (6)  
unemployed (3) housewife (7)  
student (4) other: (8)

Country of birth: (38)

U.S. (1)  
other (2)

Physical fitness: (39)

poor (1) good (3)  
fair (2) excellent (4)

Your sleep: (40)

poor (1); fair (2); good (3); excellent (4)

Indicate your family size: (41)

I come from a family of...

one child (that is, I am an only child)  
two children  
three children  
four children  
five children  
six children or more



BACKGROUND INFORMATION  
(continued)

What is your position in the family? (42)

|                        |           |                     |           |
|------------------------|-----------|---------------------|-----------|
| First-born and/or only | _____ (1) | Fourth-born         | _____ (4) |
| Second-born            | _____ (2) | Fifth-born          | _____ (5) |
| Third-born             | _____ (3) | Sixth or later-born | _____ (6) |

Indicate sex of siblings: (include yourself in this list) (43)

|                        | male<br>(1) | female<br>(2) |      |
|------------------------|-------------|---------------|------|
| Oldest (and/or only) - | _____       | _____         | (43) |
| Second-born            | _____       | _____         | (44) |
| Third-born             | _____       | _____         | (45) |
| Fourth-born            | _____       | _____         | (46) |
| Fifth-born             | _____       | _____         | (47) |
| Sixth-born             | _____       | _____         | (48) |

APPENDIX C

# FACTOR ANALYSIS OF LEISURE ATTITUDES

## FACTOR 1 -- Amount of Work or Vacation Desired

| <u>Variable</u>                                                                         | <u>Loading</u> | <u>Mean</u> | <u>S.D.</u> |
|-----------------------------------------------------------------------------------------|----------------|-------------|-------------|
| 9 Given the present state what should be the work week.....                             | .95            | 4.90        | 5.83        |
| 8 How many days per week would you want to work.....                                    | .93            | 4.83        | 5.46        |
| 6 Given the most ideal conditions, how many weeks of vacation should a person have..... | .91            | 3.42        | 3.20        |
| 7 How many weeks of vacation would you like to have.....                                | .78            | 3.78        | 6.68        |

## FACTOR 2 -- Amount of Perceived Leisure

| <u>Variable</u>                                                            | <u>Loading</u> | <u>Mean</u> | <u>S.D.</u> |
|----------------------------------------------------------------------------|----------------|-------------|-------------|
| 13 I always have more things to do than I have time for.....               | .63            | 5.68        | 1.95        |
| 24 Free time vs. work time allotment (graph).....                          | .63            | 36.45       | 18.25       |
| 11 Little of my free time is actually leisure.....                         | .59            | 5.08        | 2.01        |
| 12 Prefer fame for job activity rather than something done in leisure..... | .49            | 5.12        | 2.13        |
| 10 Ambitions more realized on job than in free time.....                   | .48            | 5.40        | 1.95        |
| 25 Self-description through free-time activities.....                      | .46            | 5.16        | 2.31        |
| 23 How much free time is "killing time".....                               | .46            | 2.16        | 3.92        |

FACTOR 3 -- Self-Definition Through Leisure  
or Work

| <u>Variable</u>                                                                                    | <u>Loading</u> | <u>Mean</u> | <u>S.D.</u> |
|----------------------------------------------------------------------------------------------------|----------------|-------------|-------------|
| 18 Leisure activities express talents<br>better than job.....                                      | .79            | 3.17        | 2.04        |
| 16 Leisure activities more satisfying<br>than work.....                                            | .79            | 3.08        | 2.10        |
| 26 Describing self, how much talk about<br>work, how much talk about free-<br>time activities..... | .58            | 3.28        | 1.42        |
| 17 I would like to have more free time<br>than I have.....                                         | .38            | 3.28        | 2.25        |
| 14 More important to be good in free<br>time than work activities.....                             | .33            | 3.27        | 2.12        |

FACTOR 4 -- Affinity for Leisure

| <u>Variable</u>                                                | <u>Loading</u> | <u>Mean</u> | <u>S.D.</u> |
|----------------------------------------------------------------|----------------|-------------|-------------|
| 22 Would you like children to live life<br>of leisure.....     | .80            | 1.34        | 1.17        |
| 19 How much would you like to lead a<br>"life of leisure"..... | .79            | 1.69        | 1.43        |
| 20 How long could you "stand" such a<br>life.....              | .78            | 1.84        | 1.81        |
| 21 Would you feel "guilty" about living<br>such a life.....    | .36            | 4.08        | 2.46        |

FACTOR 5 -- Society's Role in Leisure Planning

| <u>Variable</u>                        | <u>Loading</u> | <u>Mean</u> | <u>S.D.</u> |
|----------------------------------------|----------------|-------------|-------------|
| 2 Participation in social affairs..... | .74            | 5.63        | 1.50        |
| 3 Physical exercise.....               | .70            | 5.59        | 1.78        |
| 1 Mental endeavors.....                | .70            | 5.95        | 1.41        |
| 4 Productive efforts.....              | .59            | 5.68        | 1.39        |